



Greetings and welcome to the Next Level Newsletter, Volume III, Issue IX. The Oktoberfest version!

Straight to athlete news:

Sep 17 - Brian Fitzsimmons PRs and takes 3rd AG at the Westchester Olympic Tri!

Sep 11 - Debbie Darr takes 2nd AG at the Duke Liver Center Half-IM!

Sep 10 - Judy Nealon takes 2nd AG at the Downtown Orlando Triathlon!

Sep 2 - Mark Procheska runs strong at the St. Joseph's 5k!

Sep 2 - Chris Scott PRs at the Miracle Miles 15k!

Aug 27 - Mike Napoli braves the heat at the Hammerhead Olympic Triathlon (HOT)!

OSB Powerstroke Triathlon Swim Clinic

We will be hosting a one-day clinic on Sunday, October 8 at the National Training Center in Clermont, FL. [Please click here](#) for all the details. Lunch and snacks will be provided. A brief itinerary:

8:15-9:30 Powerstroke swim practice

9:45-11:00 Ironman racing, pacing, and nutrition

11:00-1:00 Cycling drills, skills, and fit

1:00-2:15 Lunch and discussion (subject TBD)

2:30 clinic ends

Please email [Coach Marty](#) with any questions!

Picture of the month: Oktoberfest, Munich, Germany (Bavaria)



Training tips - Training while traveling:

Like most of you I find sticking to a strict plan very tough while on the road. Facilities are often tough to find if not non-existent, hotel gyms are usually full of old, worn-out equipment, and motivation can be severely affected by being in an unfamiliar environment. Not to fear! We all have to deal with these issues when traveling for work or holiday. Here are a few tips to keep you rolling through your training plan while on the road:

- Use www.swimmersguide.com to locate pools in the area. This site is extremely useful.
- Bring your running shoes. Turn the travel period into a run focus period.
- Use search engines to locate bike shops and possible bike rentals in the area. The worst any shop can tell you regarding a rental is "no."
- Use the same to locate YMCAs and other gyms for spin classes, Yoga, or Pilates. Five to ten dollars is not such a bad price to pay for some piece of mind.
- Use message boards like www.slowlitch.com, www.letsrun.com, and other triathlon or cycling related sites to get the low-down on the area. Don't be afraid to post questions about an area with the time frame you'll be there. Often times people will help you out with training grounds, local events, or even loaning you a bike.
- Use floor exercise routines to keep your strength regimen on track. Here is a quick 20-30 minute routine I often use at home or on the road. It is a combination of some Pilates, Yoga, and general strength training exercises. You can repeat this circuit one to three times depending on your available time.
 - 10-12 standing squats (bodyweight only)
 - 25 crunches (on exercise ball)
 - plank position 30sec-1min
 - 10 pushups
 - calf raises 10-15
 - left plank 30 sec-1min
 - right plank 30 sec-1min
 - superman back - opposite arm/leg x 5-10
 - 5-10 x bridges or additional core work
 - 10-20 single leg raises (each leg)
 - 20 side crunches (both sides)
- Stay motivated! The worst thing you can do during a trip, especially if it falls at a crucial time, is to lose focus and sit on the couch when you are in the hotel. Get out there and stay sharp!

That's all for this time, see you at the races or on the road!

Enjoy your sport,
Marty Gaal
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